

## Veggie Stew

*This recipe is a good source of vitamin A, which keeps eyes and skin healthy.*

### Ingredients:

- 1 tablespoon **vegetable oil**
- 1/2 cup peeled and diced **onion**
- 2 stalks chopped **celery**
- 2 **carrots**, sliced in 2" sticks
- 1 medium **potato**, diced
- 1 can (about 15 ounces) diced **tomatoes**, with juice
- 1 **zucchini**, sliced, 1/4 inch thick
- 2 sprigs **parsley**, minced
- 1 cup **water**
- 1 teaspoon **chicken broth granules** (or 1 bouillon cube)
- 1/2 teaspoon **salt**
- 1/4 teaspoon **pepper**

### Directions:

1. In a deep pot add 1 tablespoon of vegetable oil.
2. Add onions and celery and sauté until they are soft.
3. Add the rest of the vegetables, 1 cup water and chicken broth granules
4. Season with salt and pepper
5. Cover and simmer slowly for 30 minutes or until carrots and potatoes are tender.

### Nutrition Facts

Serving Size 1 1/4 cup (270g)  
Servings Per Container 6

Amount Per Serving

**Calories 90**      **Calories from Fat 25**

% Daily Value\*

**Total Fat 2.5g**      **4%**

Saturated Fat 0g      **0%**

Trans Fat 0g

**Cholesterol 0mg**      **0%**

**Sodium 610mg**      **25%**

**Total Carbohydrate 15g**      **5%**

Dietary Fiber 3g      **12%**

Sugars 6g

**Protein 3g**

Vitamin A 120%      •      Vitamin C 45%

Calcium 4%      •      Iron 6%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories	2,000	2,500
Total Fat	Less Than	65g	80g	
Saturated Fat	Less Than	20g	25g	
Cholesterol	Less Than	300mg	300 mg	
Sodium	Less Than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

6 servings, 1 1/4 cup each

### Bright Ideas:

If the stew gets too dry, add more water.

Source: Glenda Hyde, Deschutes County, Oregon State University Extension Service. For more recipes and other resources on eating well for less, see our web site at <http://www.healthyrecipes.oregonstate.edu>